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| **Fairfield College**  **1.1 AS 90962** |

**AS 90962 1.1:** Participate actively in a variety of physical activities and explain factors that influence own participation

**Resource reference:** Physical Education 1.1 90962 Version 1

**Resource title:**

**Credits:** 5

**Teacher guidelines**

The following guidelines are designed to ensure that teachers can carry out valid and consistent assessment using this internal assessment resource.

Read also the Explanatory Notes for Achievement Standard Physical Education 1.1. These notes contain information, definitions, and requirements that are crucial when interpreting the standard and assessing students against it.

**Context/setting**

This activity requires students to participate in a variety of physical activities and to reflect on factors that influence their participation over an extended period of time (whole year).

In **Task 1**, students will actively participate in a range of activities throughout the year based on the other major units performed within the scope of the course. You will assess students’ levels of effort, engagement, and consistency according to the criteria for active participation (**Resource 1**). Collection of evidence will occur over a period of time and a final judgement will be made on the level of participation.

The physical activities in Task 1 will provide new and varied experiences for students to reflect on. This will be collected across activities over a prolonged period of time. A final judgement will be made on whether the student has shown sufficient evidence that they can explain factors that influence their own participation.

In **Task 2**, students will identify and explain the factors that influenced their participation in physical activity **(Resource 2).** This evidence will be collected over a period of time via student journal entries.

**Conditions**

This assessment activity will take place through ongoing assessment opportunities. Evidence of participation for Task 1 will come from teacher observation (**Resource 3**) for each practical activity.

In Task 2 students will undertake ongoing reflection of a range of factors that influence their own participation.

Resource Requirements

* Resource 1: Criteria for active participation
* Resource 2: Factors Influencing participation
* Resource 3: Teacher recording sheet: Participation

FAIRFIELD COLLEGE

Achievement Standard Physical Education 90962 v1 (1.1):

Participate actively in a variety of physical activities and explain factors that influence own participation

Resource title:

Credits: 5

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| **NAME:** |  |
| **CLASS** |  |
| **TEACHER NAME:** |  |

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| **Achievement** | **Achievement with Merit** | **Achievement with Excellence** |
| Participate actively in a variety of physical activities and explain factors that influence own participation. | Participate actively in a variety of physical activities with a high level of effort and engagement, and explain factors that influence own participation. | Participate actively in a variety of physical activities with a **consistently** high level of effort and engagement, and explain factors that influence own participation. |

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| **Task** | **N/A** | **Achieved** | **Merit** | **Excellence** |
| Task 1: Active participation |  |  |  |  |
| Task 2: Journal entries |  |  |  |  |

FINAL GRADE:

Teacher signature­:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Declaration

I confirm that I have read and understand the conditions and requirements of the assessment and have had an opportunity to get any clarification that I need from my Teacher/Assessor.

All work completed for this assessment is my own work and has been produced without any assistance from anyone else. I also confirm that the procedure for appealing a grade and opportunities to reassess have been outlined to me.

Signed:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(Student) Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Student instructions sheet**

**Introduction**

This assessment activity requires you to participate in a variety of physical activities with a consistently high level of effort and engagement. Your teacher will keep a record of the chosen activities with your level of participation and your explanations of the factors that influenced your participation. You are encouraged to demonstrate a consistently high level of effort and engagement throughout this ongoing assessment activity.

You will be assessed throughout the whole year for this achievement standard against all the major units undertaken this year. This will include (and not limited to) the Sport Education Unit , Anatomy/Biomechanics/Exercise Physiology Unit (Badminton), Sociology Unit (traditional and non traditional games).

**Task 1: Participate actively**

You will need to participate in physical activities with a consistently high level of effort and engagement.

1. Review the criteria listed in (**Resource 2**).
2. Your teacher will keep an ongoing record of your participation levels throughout your physical activity experiences.

**Task 2: Explaining of Factors influencing participation**

1. In **Task 2**, students will identify and explain the factors that influenced their participation in physical activity**.** This evidence will be collected over a period of time via student journal entries. At the top of each of entry you will also rate your own participation on a scale from 0-5, with 0 meaning no participation and 5 meaning maximum participation all of the time.

These entries will need you to:

* Identify the factors that influenced your participation
* Explain How? And Why? Those factors influenced your participation, giving specific examples.

**There are some example journal entries on the following page**

**Example journal entries**

**1.1 Journal entry 07/02/12 Mr Shannon Lawn bowls**

**I would rate my participation today as: 1**

*I did not like Lawn Bowls today. The factor that influenced my participation was fun and enjoyment, because I found the activity boring. An example of this is that I had to wait ages for my turn. To me, physical activity is about being active and getting a sweat up. Because I did not feel this way, I got bored and did not participate very well.*

**1.1 Journal entry 09/02/12 Mr Shannon Tennis**

**I would rate my participation today as: 5**

*I really liked Tennis today and I participated very well. A factor that influenced my participation was my previous experience. Because I knew the rules of the game I was able to confidently keep the score. Another factor that influenced my participation was the fast paced nature of the game. I love to be active and tennis is a fast game so I got up a decent sweat and enjoyed myself as a result.*

**1.1 Journal entry 010/02/12 Mr Shannon Volleyball**

**I would rate my participation today as: 4**

*I really liked volleyball today and I participated well for most of the games. The main factor that influenced my participation today was competition. I am a competitive person and the teams we played today competed really well against us. Also my team mates were working really well together so we were playing to our potential. We won one game and lost the other, but that was ok because I knew my team had tried their best.*

**Resource 1: Factors influencing Participation**

The factors that influenced my participation may include but are not limited to:

* Well being
* Fun and enjoyment
* Challenge
* Sense of achievement
* Social factors eg able to do physical activity with friends, able to choose my own group
* Aesthetic appeal
* Pushes the body to physical and/or mental limits
* Could go at own pace
* Cost
* Accessibility
* Environmental appreciation
* Technology
* Equipment needed

**Resource 2: Criteria for Active Participation**

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| **Profiles: A student who actively participates to this level would display the majority of these indicators:** | | |
| **Achievement** | **Merit** | **Excellence** |
| Participates actively in a variety of physical activities | Participates actively in a variety of physical activities with a high level of effort and engagement | Participates actively in a variety of physical activities with a consistently high level of effort and engagement |
| This could include:   * Being organised and prepared for the activities * Demonstrating skills related to the activity * Being actively involved in the task * Attempting to improve their level of performance * Seeking to engage in the context of the practical environment * Contributing to the team by taking up a role or functional position * Reflecting on own performance * Contributing to the activity, even if injured * Tries to improve through practice in the physical activity | As for Achieved plus...   * Motivated and reliable in the practical context * Resourceful and enterprising * Works hard towards the goal or objective of the activity * Supports the development of others by assisting with their needs when required * Enhances the experience of other participants by adding their own input to the activity * Shows enjoyment of the intent of the activity * Seeks to improve their performance through development of skills, well-being and fitness. * Does their best! | **As for Merit plus...**   * Across a wide range of activities and in a number of settings * With preparedness to accept challenges that are outside of their comfort zone * Whilst fully engaging themselves in the learning environment * With a consistent effort to develop and improve their own success and the experiences of others |

Note: The teacher is collecting evidence of your participation over time and will make a final judgement on the level you have achieved. Excellence can only be achieved if you have participated with a **consistently high level** of effort and engagement.

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| ***Resource 3: Teacher Recording Sheet (Participation)*** | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Task 1: Teacher to record the level of participation (Not Achieved, Achieved or Merit). Excellence can only be gained if Merit level is** | | | | | | | | | | | | | | | | | | | | | | | | |  |  |  |  |
| **gained consistently over a period of time.** | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | DATE | | | | | | | | | | | | | | | | | | | | | | | | | | |  |
| Student Name |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Final Judgement N, A, M, E |
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Assessment Schedule: Physical Education 1.1

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| **Task** | **Evidence/Judgments for achievement** | **Evidence/Judgments for achievement with merit** | **Evidence/Judgments for achievement with excellence** |
| Task 1 | The student has been actively involved in the majority of physical activities during the year.  The student meets a variety of the following criteria across the activities:   * practises to improve * participates for enjoyment, fun, and challenge * contributes to team activities * relates to others in activities requiring interaction * reflects on involvement and performance * participates in some way (or contributes despite injury).   This must be teacher verified on the teacher recording sheet (Resource 3). | The student has been actively involved with a **high level** of effort and engagement in the majority of physical activities during the year.  The student has met the criteria for achievement as well as a variety of the following criteria across the activities:   * is involved in the activity * works to meet the goal of the activity * is involved in the intent of the activity for oneself or to encourage and support others * participates in the strategies, skills, and aim of the activity * participates to develop the strategies and skills of the activity * participates to develop, maintain, and improve fitness * participates to maintain or improve well being * participates to maintain or improve well-being * supports, encourages, and organises others with the aim of getting them to participate.   This must be teacher verified on the teacher recording sheet (Resource 3). | The student has been actively involved with a **consistently high level** of effort and engagement in most of the physical activities during the year.  The student has met the criteria for achievement and merit consistently throughout the assessment period. This must be assessed across a period of time. If a student has **consistently** been assessed with a **high level** of effort and engagement (achievement with merit) across all activities, then they meet the criteria for achievement with excellence.  This must be teacher verified on the teacher recording sheet (Resource 3). |

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| Task 2 | The student explains factors that influenced their participation in the various activities on the portfolio templates, and gives relevant examples for each.  **Example:** *Lawn Bowls*  *I did not like Lawn Bowls. The factor that influenced my participation was fun and enjoyment, because I found the activity boring. An example of this is that I had to wait ages for my turn. To me, physical activity is about being active and getting a sweat up. Because I did not feel this way, I got bored.*  **Example:** *Tennis*  *I really liked Tennis. A factor that influenced my participation was my previous experience. Because I knew the rules of the game I was able to confidently keep the score. My partner appreciated this.*  **Example:** *Rollerblading*  *I didn’t think I would like Rollerblading but it surprised me that I did. The factors that influenced my participation were challenge and accessibility. Rollerblading was a challenge as I had to focus on my balance and coordination so that I didn’t fall over.*  *I now appreciate how fun Rollerblading can be. Because I live close to a flat area it would be easy for me to participate in the activity in the future.* | As for achievement. | As for achievement. |

Final grades will be decided using professional judgment based on a holistic examination of the evidence provided against the criteria in the Achievement Standard.